

heat insulating elements (4) form a roof insulation, wherein the fabric (42) is arranged to face away from the roof structure toward the outer side.

11. (canceled)

12. A method for avoiding moisture damage at a building (1) comprising a separator such as a wall element (3; 3') or a roof structure (2) and equipped with heat insulating elements (4) for an interior insulation, a facade insulation, or the like at said building (1) further comprising an insulating body (41) which is of diffusion-open design, wherein the separator is arranged between an inner side and an outer side of a building (1), wherein the inner side corresponds to a warm side of the building (1) and the outer side corresponds to a cold side of the building (1), wherein the method comprises the steps of:

occurring of a moisture accumulation in the region of the fabric (42),

extensively distributing the moisture due to the capillary-active property of the fabric (42) for increasing the area of evaporation,

guiding off the moisture by evaporation and thus drying the area concerned of the fabric (42).

13. The method according to claim 12, characterized in that the moisture is guided off by means of diffusion through the diffusion-open insulating body (41).

14. The method according to claim 12, characterized in that the moisture is guided off by evaporation from the side of the fabric (42) which faces away from the insulating body (41).

15. Use of a heat insulating element according to claim 1 for an interior insulation, a facade insulation, a roof insulation, or the like at a building (1).

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